G.xx.13 65.D.17 (4) 30223

THE ORDERS AND Directions,

Of the *Right Honourable* the *Lord Mayor* and *Court of Aldermen*, to be diligently observed and kept by the Citizens of *London*, during the time of the present Visitation of the *PLAGUE*.

As also, *Rules* and *Instructions*, to all *Brewers*, *Butchers*, *Fishmongers*, *Victualling-houses*, *Hackney-Coaches*, *Brokers*, and the rest of the *Inhabitants*, both in *City* and *Suburbs*.

With divers excellent *Receipts*, as well for the *Cure* of the *Plague*, as for preventing the further Increase and Infection thereof, *by Gods blessing and Assistance*: Set forth and approved of by the Learned Sir *Walter Rawleigh*, Mr. *Culpepper*, and divers other famous *Physicians* and *Doctors*;

And now published for the use and benefit of all His Majesties Liege Subjects.

Printed for *George Horton*, living near the Three Crowns in *Barbican*.

WELLCOME
HISTORICAL
MEDICAL
LIBRARY

Health better then Gold: Or, *Rules and Directions*, *as well for the Cure of the* Plague, *as for preventing the Infection, &c.*

WHereas it hath pleaſed *Almighty God* to ſend forth his deſtroying *Angel* amongſt Us, to ſcourge and chaſtiſe a ſtiff-necked and perverſe Generation of People, by ſpreading the *Black-Cloud* of *Plague* and *Peſtilence*, over many famous Nations & Cities beyond the Seas; but hath alſo out of his *Divine Juſtice*, even now brought it to the very *Doors* of many who have ſleighted his gracious *Tenders* and *Mercies*; and indeed who can ſay, *I am free from ſuch provocations, from provoking a juſt and righteous God, and from crucifying afreſh a precious, dear and bleſſed Saviour, by their wicked and abominable Oaths, by their ſad and lamentable Imprecations, by their vitious Vices of Whoredom, Drunkenneſs, Sabbath-breaking*, &c. O let every one therefore ſeriouſly lay it to heart, the great and original cauſe of theſe our preſent Judgments, and by ſerious Repentance and contrition of ſpirit, endeavour to cure the ſinful *Plague of the Heart, to amend their Lives, to become new Creatures, to bear a high eſteem of the Bleſſed Sabbath, and an ardent affection to his gracious Ordinances*; That the Lord may ſay unto *London*, as he did unto *Iſrael*. *Return thou back-ſliding People, and I will not cauſe mine anger to fall upon you: for I am merciful*, ſaith the Lord, *and I will not keep anger for ever.* A gracious ſaying, and worthy of acceptation. But now for the publick benefit of all people, in theſe Times of Calamity, I ſhall not onely recite ſome Orders of the Right Honourable the *Lord Mayor*, and *Court of Aldermen*, for preſerving of *Health*; but alſo divers Receits and Directions as well for the cure of the *Plague*, as for preventing the Infection of it &c. And firſt it is thought requiſite that in every Pariſh there be one, two, or more perſons of good ſort and credit, choſen and appointed by the Alder-

* man, his Deputy, and Common-council of every Ward by the name of Examiners to continue in that Office the ſpace of two Moneths at leaſt: and if any perſon ſo appointed ſhall refuſe to undertake the ſame, the ſaid parties ſo refuſing, to be committed to Priſon until they ſhall conform themſelves accordingly. That theſe Examiners be ſworn by the *Alderman*, to enquire what houſes be viſited, what perſons ſick, and of what *Diſeaſes*, as near as they can and upon doubt, to command reſtraint of acceſs, until it appear what the *Diſeaſe* ſhall prove: and if they find any perſon ſick of the Infection, to give order to the Conſtable that the houſe be ſhut up; and if the Conſtable ſhall be found remiſs or negligent, to give preſent notice thereof to the *Alderman* of the Ward. That to every infected houſe there be appointed two Watch-men, one for the day, and the other for the night. That for the Women-ſearchers in every Pariſh, to be of honeſt reputation and ſworn to make due ſearch and true report: and that the Phyſitians appointed for the cure and prevention of the Infection, do call before them the ſaid *Searchers*, who are or ſhall be appointed for the ſeveral Pariſhes under their reſpective cares, to the end they may conſider whether they are fitly qualified for that employment: and that no *Searcher*, during this time of Viſitation, be permitted to uſe any publick work or imployment, or keep any ſhop or ſtall, or be imployed as a Landreſs, or in any other common employment whatſoever. *And for better aſſiſtance of the Searchers, it is ordered, that there be choſen able and diſcreet Chirurgions to be reſident in moſt convenient places, and to be ſequeſtred from all other cures, and kept onely to this Diſeaſe of the Infection, and every Chirurgion to have twelve pence a Body ſearched by them to be paid out of the goods of the party ſearched, if he be able, or otherwiſe by the Pariſh.* And if any *Nurſe-keeper* ſhall remove her ſelf out of any infected houſe before 28 days after the deceaſe of any perſon dying of the Infection, the houſe to which the ſaid *Nurſe-keeper* doth ſo remove, her ſelf ſhall be ſhut up until the ſaid 28 days be expired. Likewiſe, that the burial of the dead by this Viſitation be at moſt convenient hours, always before either Sun-riſing or after Sun-ſetting, with the privity of the Churchwardens or Conſtables, and not otherwiſe; and that no Neighbours nor Friends be ſuffered to accompany the Coarſe to Church, or to enter the houſe viſited, upon pain of having his houſe ſhut up, or be impriſoned. And further, all publick *Aſſemblies* at o-

ther

ther *Burials* are to be forborn during the continuance of this Visitation. And to the end no infected *Stuff* shall be uttered, it is ordered, That no Clothes, Stuff, Bedding, or Garments be suffered to be carryed or conveyed out of any infected houses, and that the Cryers and Carryers abroad of *Bedding* or old *Apparel* to be sold or pawned, be utterly prohibited and restrained, and no *Brokers* of *Bedding* or Old *Apparel* be permitted to make any outward shew, or hang forth on their Stalls, shopboards or Windows toward any *Street*, *Lane*, *Common-way*, or *Passage*, any old *Bedding* or *Apparel* to be sold, upon pain of imprisonment: and if any *Broker* or other person shall buy any *Bedding*, *Apparel*, or other stuff out of any infected house, within two moneths after the Infection hath been there, his house shall be shut up as infected, and so shall continue shut up 20 days at least.

It is also ordered, that care be taken of *Hackney-Coachmen*, that they may not (as some of them have been observed to do) after carrying of infected persons to the *Pest-house*, and other places, be admitted to common use, till their Coaches be well aired, and have stood unimployed by the space of 5 or 6 days after such service. *Ordered*, That every *Householder* do cause the *Street* to be daily pared before his door, and so to keep it clean swept all the Week long. And that the sweeping and filth of houses be daily carryed away by the *Rakers*, and that the *Raker* shall give notice of his coming by the blowing of a *Horn*, as heretofore hath been done. Likewise, that the Laystals be removed as far as may be out of the City, and common passages, and that no Nightman or other be suffered to empty a Vault into any Garden near about the City. That special care be taken, that no stinking Fish, or unwholesom Flesh, or musty Corn, or other corrupt Fruits of what sort soever, be suffered to be sold about the City, or any part of the same. That the *Brewers* and *Tipling-houses* be looked unto, for musty and unwholsome Cask. That no *Hogs*, *Dogs*, or *Cats*, or tame *Pigeons*, or *Conies*, be suffered to be kept within any part of the City, and that the *Dogs* be *killed* by the *Dog killers* appointed for that purpose. That all publick Feasting, and particularly by the Companies of this City; and *Dinners* at *Taverns*, *Alehouses*, & other places of common entertainment, be forborn untill further order and allowance; and that the money thereby spared, be preserved and imployed for the benefit and relief of the poor visited with the Infection. That every house visited, be marked with a *Red-Cross* of a foot long in the middle of the door, and with the usual printed words,

Lord have Mercy upon Us. Di-

Directions for the Searchers.

1. They are to take notice whether there be any ſwellings, riſings, or botch under the ear, about the neck, on either ſide, or under the arm-pits of either ſide, or the groins, and of its hardneſs, and whether broken or unbroken.

2. Whether there be any blains which may riſe in any part of the body in the form of a bliſter, much bigger then the *Small Pox*, of a ſtraw-colour or livid colour, which latter is the worſer; either of them hath a reddiſh Circuit, ſomething ſwollen round about it, which Circuit remains after the bliſter is broken, encompaſſing the Sore.

3. Whether there be any Carbuncle, which is ſomething like the blain, but more fiery and corroſive, eaſily eating deep into the fleſh, and ſometimes having a black cruſt upon it, but always compaſſed about with a very fiery red (or livid) flat and hard tumour, about a finger-breadth more or leſs: this and the blain may appear in any part of the body.

4. Whether there be any tokens, which are ſpots ariſing about the skin, chiefly about the breaſt and back, but ſometimes alſo in other parts; their colour is ſometning various, ſometimes more reddiſh, ſometimes inclining a little toward a fair blue, and ſometimes brownish mixt with blue; the red ones have often a purple-circle about them, the browniſh, a reddiſh.

Perfumes againſt the Plague.

Such as are to go abroad, ſhall do well to carry rue, anglica, Maſterwort, myrrhe, ſcordium, or water-germander, wormwood, valerian, or fetwall-root, Virginian-ſnake-root, or Zedoarie in their hands to ſmell to, and of thoſe they may hold or chew a little in their mouths as they go in the ſtreets; they may anoint their noſtrils with oyl of Amber, or baſſam of ſulphur; eſpecially if they be afraid of any place: Fear, as well as preſumption, being hurtful.

Take rue one handful, ſtamp it in a morter, put thereto Vineger enough to moiſten it, mix them well, then ſtrain out the juce, wet a piece of ſponge, or a toaſt of brown bread therein, tye it in a thin cloath, bear it about to ſmell to.

Take the root of argelica bearen groſly, the weight of ſix pence, of rue and wormwood, of each the weight of four pence, fetwall the weight of three pence, bruiſe theſe, then ſteep them in a little Wine Vineger, tye them in a Linnen cloath, which they may carry

Inward Medicines againſt the Plague.

Let none go faſting forth, every one according as they can procure, let them take ſome ſuch thing as may reſiſt putrefaction.

Some may take Garlick with Butter, a Clove two or three, according as it ſhall agree with their bodies: And for Women with child, children and ſuch as cannot take bitter things, uſe this. *Take Conſerve of Red-roſes, Conſerve of Wood-ſorrel, of each 2 ounces, Conſerves of Borage, of Sage-flowers, of each 6 drams, Bole-Armoniack, ſhaving of Harts-horn, Sorrel ſeeds of each two drams, yellow or white Sanders half a dram Saffron one ſcruple, Syrup of Wood-ſorrel, enough to make it a moſt Electuary; mix them well, take ſo much as a Cheſnut at a time, once or twice a day, as you ſhall find cauſe.* It will be good to forbear all crude and moiſt Fruits; as *Cucumbers, Melons, Plumbs, Cherries, Peaches, and raw Herbs and Sallads, as Lettice, Spinage, Radiſh, and ſuch like, or to be moderate in the uſe of them, mixt with Oyl and Vinegar.*

A Remedy ſent to the Lord Mayor of London, *by King* Henry *the Eighth, againſt the* Plague.

Take a handful of Sage, a handful of Herb-grace, a handful of Elder-leaves, a handful of Red-bramble leaves, ſtamp them all, and ſtrain them through a fine cloth, with a quart of White-wine, and then take a quantity of Ginger, and mingle them together, and take a ſpoonful of the ſame, and you ſhall be ſafe for twenty four dayes; Nine times taking of it, is ſufficient for a whole Year by the Grace of *God*. And if it be ſo, that the Party be ſtricken with the Plague, before he hath drank this Medicine; then take the Water of Scabios a ſpoonful, of Water of Bettony a ſpoonful, and a quanaity of fine Treacle; and put them all together, and cauſe him to drink it, and it will expel all the Venome. If the botch appear, then take the Leaves of Brambles, Elder Leaves, Muſtard ſeed, and ſtamp them together, and make a Plaiſter thereof, and lay it to the Sore, and that ſhall draw out the Venome, and the party ſhall be whole, by the *Grace* of *God*.

A Medicine, that was taught King Henry *the Seventh, by his Phyſitian, againſt the* PESTILENCE.

Take of Rue, Maudragories, Featherfew, Sorrel, Barnet, of each half a handful; of crops and roots of Dragons a like quantity; waſh them clean, and ſeeth them, with a ſoft fire, in running Water, from a

pottle

pottle to a quart; and then ſtrain them together, through a clean cloath; and if it be bitter, put thereto a quantity of *Sugar*-Candy, or *Sugar*: And if this Medicine be uſed before the *Purples* do ariſe, you ſhall be whole by *Gods Grace*.

Sir Walter Rawleigh's *Receipt againſt the Plague.*

Take three pints of Malmſey (or Canary-*Sack*) and boyl in it one handfull of *Sage*, and as much of *Rue*, till one pint be waſted away; then ſtrain it, and ſet it over the fire againe, and put thereto one dram of long *Pepper*, half an ounce of *Ginger*, and a quarter of an ounce of Nutmegs, all well beaten together; then let it boyl a little, and put thereto one dram & a half of Mithridate, one dram of Venice-*Treacle*, and a quarter of a pint of Aqua-Vita, or hot Angelica-water.

Keep this as your life, above all worldly treaſure: take it alwayes morning and evening three ſpoonfuls at each time, if the party be diſeaſed: if not, every morning is ſufficient.

In all the *Plague*-time truſt to this; for certainly (*God* be praiſed for it) there was never man, woman nor child whom this drink deceived, if the heart were not poyſoned and downed with the diſeaſe before.

An approved Remedy againſt the Peſtilence be it never ſo vehement.

Take an Ounion and cut him overthwart, then make a little hole in each peece, the which you ſhall fill with fine *Treacle*, then ſet the peices together againe as they were before, then wrap them in a white linnen cloth. *Puting* it ſo to *Roaſt* in the Embers and Aſhes, then when it is *Roaſted* enough preſs out all the juce of it: and give the patient a ſpoonful thereof to drink, and ſo by *Gods* help he ſhall feel eaſe and moſt undoubtedly be healed.

For him that is ſick of the Plague.

Take white Dittany, *Tormentil*, white Coral, *Genitine*, Bole Armonick, *Terra ſigilata*, and Endive, water of *Scabius*, and the Accident coming upon him, this muſt be made at leaſt four hours before it be uſed, *take* of the ſaid things ſtamped each one by it ſelf, and put them ſeverally in glaſſes, and make of all of them a drink at your own diſcretion, making the Vineger mount in the glaſs a little above the other things, and let the patient take it hot, covering himſelf hot in his bed until he ſweat, and by *Gods* help he ſhall undoubtedly be Cured.

FINIS.